

HINGHAM HIGH SCHOOL ATHLETICS
IMPORTANT DATES – Fall 2009

- August 24th** **COLLECTION DAY / IMPACT TESTING** for upperclassmen football players **ONLY** - 3:00pm
1. Physical
2. User Fee
3. IMPACT testing
- First Practice for Soph/Jr/Sr football players 4:00 – 7:00pm
- August 26th** **COLLECTION DAY / IMPACT TESTING**
1. Physical
2. User Fee
3. IMPACT testing ~starting @ 8:00am for ALL new students, ALL freshmen, juniors and seniors
- August 27th** First Practice for the rest of the fall sports
- August 31st** IMPACT testing (if not taken on August 24th or 26th) 9:00 to 1:00
First Practice for Freshmen Football and Cross Country
Preseason Workshop for all fall student-athletes and a parent - 7:00pm
- Aug. 31 – Sept. 4** Traditional Double Session Week

To Try-Out, all student-athletes MUST:

- Be academically eligible
- Have a Sport Candidate Clearance/Emergency Treatment Consent Form (Form A) turned into the HHS Athletic office by August 21st.
- Have proof of a physical every 13 months. For fall sports, the physical must be dated July 24, 2008 or later. This should be sent to HHS Athletics during the summer or dropped off on COLLECTION DAY.
- Pay the user fee or have an approved waiver dropped off on COLLECTION DAY.
- Take ImPACT concussion screening test on August 24, 26 or 31st (all new students, all freshmen, juniors and seniors).

To access the most up to date game schedules go to www.highschoolsports.net and follow the menu.

FALL SPORTS

DANCE

CROSS COUNTRY

FIELD HOCKEY *

FOOTBALL *

SOCCER *

VOLLEYBALL (GIRLS)

GOLF (BOYS)

*Denotes program has a separate freshmen team

2009 FALL SPORTS DOUBLE SESSION PRACTICES

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

BOYS SOCCER

Aug. 27 2:30 – 6:00
Aug. 28 3:00 – 6:00
Aug. 29 10:00 – 1:00
Aug. 31 10:00 – 1:00
Sept. 1 – 7 TBA

GIRLS SOCCER

Aug. 27 8:00 – 11:00
Aug. 28 8:00 – 11:00
Aug. 29 8:00 – 11:00
Aug. 30 OFF
Aug. 31 8:00 – 11:00
Sept. 1 – 7 TBA

FIELD HOCKEY

Aug. 27 8:00 - 10:00 & 10:30 - 12:00
Aug. 28 8:00 – 10:00 & 10:30 – 12:00
Aug. 29 7:00 – 9:00
Aug. 31 8:00 – 10:00
Sept. 1 8:00 – 11:00
Sept. 2 3:30 – 5:30
Sept. 3 3:30 – 5:30
Sept. 4 8:00 – 11:00

BOYS CROSS-COUNTRY

Aug. 31 – Sept. 4 8:00am

GIRLS CROSS-COUNTRY

Aug. 31 8:00 am
Sept. 1 – 4 TBA

VOLLEYBALL

Aug. 27 2:30 – 4:30
Aug. 28 2:30 – 4:30
Sept. 1 – 4 2:30 – 4:30

DANCE

June 2 Try-outs: 3:00 – 5:30 @ HHS
Aug. 25 3:30 – 5:30
Aug. 26 3:30 – 5:30
Aug. 27 3:30 – 5:30
Aug. 29-Sept. 4 TBA

GOLF

Aug. 27 9:00 – 10:15 Freshmen at Union
St. Range
10:15 – 11:30 Sophomores at Union
St. Range
TBA - Juniors and Seniors at South
Shore CC
Aug. 28-Sept. 4 TBA

FOOTBALL

Aug. 24 4:00 – 7:00
Aug. 25 4:00 – 7:00
Aug. 26 4:00 – 7:00
Aug. 27 8:00am
Aug. 28 8:00am
Aug. 29 10:00am
Aug. 30 OFF
Aug 31 10:00 – Freshmen
8:00am – Soph/Jr/Sr
Sept. 1 10:00 – Freshmen
8:00am – Soph/Jr/Sr
Sept 2 10:00 – Freshmen
9:00 – Team Pictures– Soph/Jr/Sr
4:00pm Scrimmage – Soph/Jr/Sr
Sept. 3 3:00 – Everyone
Sept. 4 10:00 – Freshmen
9:00am – Soph/Jr/Sr
Sept. 5 OFF – Freshmen
Scrimmage @ Stoughton – Soph/Jr/Sr
Sept. 6 OFF - Everyone
Sept. 7 OFF – Freshmen
9:00am – Soph/Jr/Sr
Sept. 8 3:00 – Everyone